



FEDERATION

COMPETITION DATE

MAY 9-11

ROGER BOYCE

BARBADOS

CLASSIC

GARFIELD SOBERS GYMNASIUM





LOCATION

Barbados is the eastern-most Caribbean island.

It is located at 13.1N, 59.4W. The island, which is less than one million years old, was created by the collision of the Atlantic crustal and Caribbean plates, along with a volcanic eruption. Later coral formed, accumulating to approximately 300 feet.

It is geologically unique, being actually two land masses that merged together over the years.

CELLULAR PHONE SERVICE

Visitors who bring their cell phones with them on holiday must remember to ensure the roaming feature is activated prior to arriving in the island. Please note that receiving and making international calls on your mobile phone can be quite costly and you may wish to explore the alternative of renting a cell phone locally - contact Cable & Wireless at **1-800-804-2994** or visit them online at www.bmobile.com.bb or contact Digicel online at **digicelbarbados.com**

CURRENCY

The Barbados dollar is pegged to the USA dollar at an exchange rate of **US \$1 = BDS \$1.98**. US dollars are accepted island-wide and most stores and restaurants accept major credit cards and traveller's cheques.

DRINKING WATER

The Barbados Water Authority, a Government statutory corporation, is the sole provider of water services. The water service in Barbados is reliable and the water supply is safe and refreshing to drink.

ELECTRICITY

115/230 volts 50 cycles. Standard plug types in Barbados are two flat blades or flat blades with round grounding pin -most hotels provide converters for European or Asian appliances. North American appliances will not need converters.

For further information please visit : <https://www.visitbarbados.org/>

VISA REQUIREMENTS

For those countries requiring a Barbados entry visa, it is the responsibility of each respective Federation to make application. This is not the responsibility of the host federation in Barbados. Applications to receive a visa should be done well in advance of arrival as the processing of requests may take several weeks. DO NOT WAIT UNTIL THE LAST MINUTE

For information: <https://www.foreign.gov.bb/visa-information//>

ONLINE IMMIGRATION AND CUSTOMS FORM

Travelers are required to complete the online Immigration and Customs Form which will be available 72 hours prior to your arrival in Barbados. Fill in the form at a time and place convenient for you. Once the form is completed, the Immigration and Customs receipts are to be saved to your mobile device or printed and presented to Immigration and Customs upon arrival.

Using the Online ED Form will enhance your travel experience by providing you with an easy and convenient option, that will improve the ease with which you transit through the airport.

<https://www.travelform.gov.bb>



AIRPORT TRANSFERS

- Round trip airport to hotel transfers can be provided upon request. ALL arrival and departure information MUST be provided no later than April 25, 2024 to allow for scheduling and confirmation. If information is not provided in advance, transportation cannot be guaranteed.
- Transportation will only be provided to the designated hotels unless confirmed otherwise by the hosting committee.
- <https://forms.gle/huDo5sqCXCxztzbE8>

ACCOMMODATIONS & EXPENSES

Each athlete is responsible for all expenses related to meals, accommodations, meals, non-event transportation and any other expenses throughout the duration of their stay.

RESERVATIONS

Each athlete is responsible for making their reservations directly with the hotel of their choice as listed below. All of the designated hotels are located in the same geographical area in Barbados.

Transportation will be available at scheduled times from these hotels to the event venues.



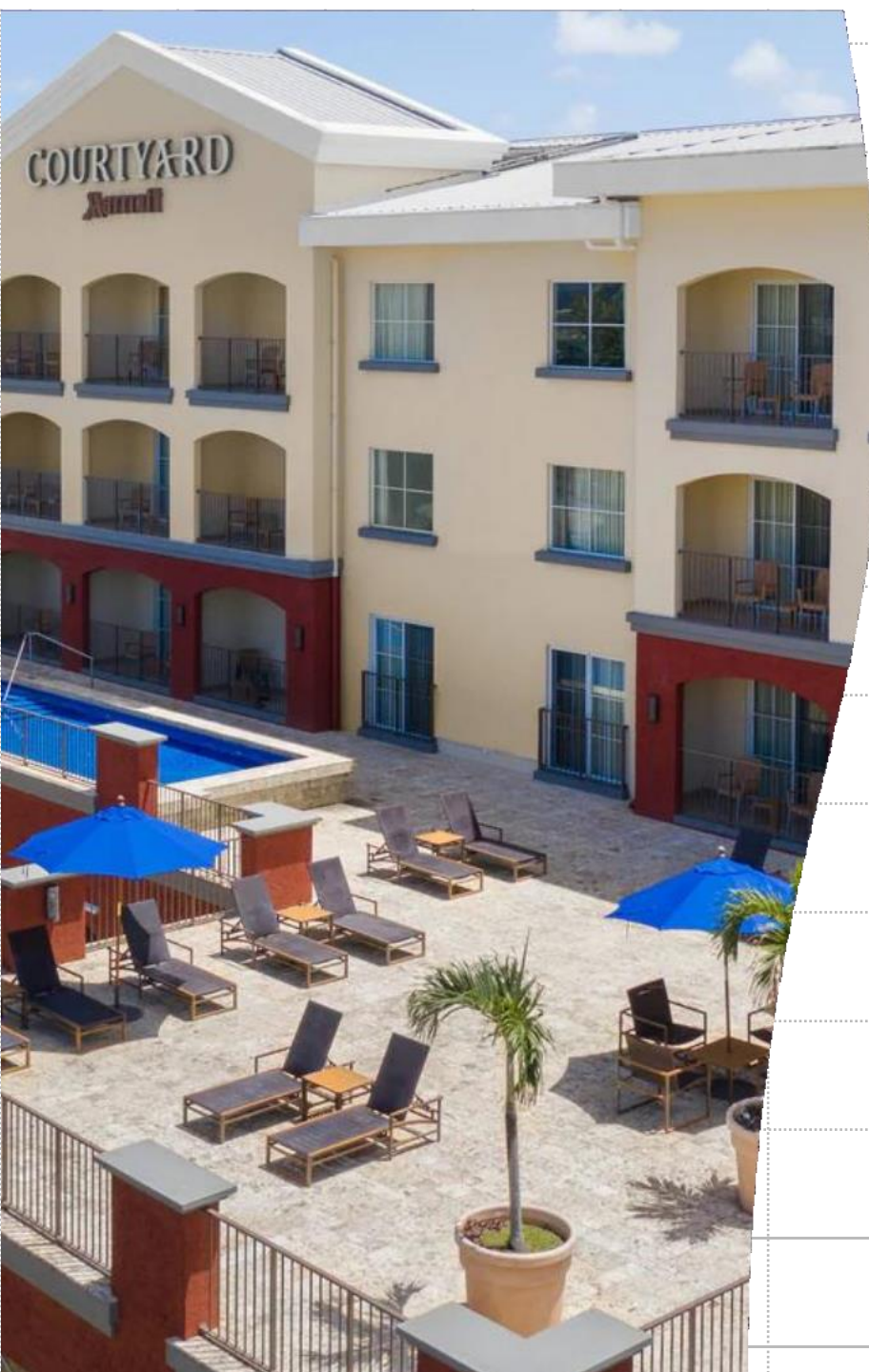


Accommodation - Divi Southwinds

- **Group Room Rates**

Rate per room per night inclusive of taxes Maximum Occupancy & Suitability

- One-Bedroom Suite – single/double occupancy
US \$201.05
- Two-Bedroom Suite – quadruple occupancy
US \$333.28



Accommodation - Marriotts Barbados

- A nightly rate of **USD \$164** not inclusive of breakfast or **USD \$182** inclusive of breakfast for 1 person in the standard room category will apply and subject to 10%VAT, **USD \$9.63** room levy, 10% service charge.

Accommodation - Blue Horizon

MAXIMUM 3 PERSONS

- **Standard = 1 King or 2 Double Beds (No Kitchen)**
- US\$155.00 - **single or double occupancy**
- US\$45.00 - third person

MAXIMUM 2 PERSONS

- **Studio = 1 King or 1 Queen Bed & Kitchenette**
- US\$190.00 - **single or double occupancy**

MAXIMUM 3 PERSONS

- **1 Bedroom Apartment = 1 King Bed & 1 Sofa Bed & Kitchen & Dining & Living room, etc.**
- US\$185.00 - **single or double occupancy**
- US\$45.00 - third person
- Rates are per night and inclusive of VAT (10%) & Service Charge (10%) & Room Rate Levy (US\$4.38) & **Based on availability at time of booking. No Group block will be created.**

Also available: Full Breakfast @ US\$30 per day

- Sausage (pork), Honey Glazed Bacon, Egg station, Homestyle Baked Beans, Sauteed Breakfast Potatoes, Toast, Cereals, Pastries, Yogurt, Seasonal fruits, Coffee, Tea, Juice (orange / Pineapple), Fruit punch

Breakfast & Dinner @ US\$75.00

Breakfast & Lunch & Dinner @ US\$105.00

Check in is from 3:00 pm but we do allow earlier check-in depending on the availability. Check out is 12:00 noon.





Accommodation - Worthing Court

- Group Rate of US\$ 105.00 per night single or double occupancy, which is inclusive of tax, subject to Government Levy of US\$4.38 per room per night. Breakfast is available at the rate of US\$25.00 per person per day.

Accommodation

– Blue Orchid

- Deluxe Studio Apartment. US\$145.66
- One Bedroom Oceanview Apt. US\$177.79
- All rates are subjected to 10% Value Added Tax and 10% Service Charge.
- Room Levy Tax (US\$9.63 per night)
- Extra person rate is subject to Value Added Tax and Service Charge
- **Additional Charges:** Full breakfast US\$13.00 per person daily
- Continental Breakfast US\$7.00 per person daily





Venue

- GARFIELD SOBERS SPORTS COMPLEX GYMNASIUM LTD
- WILDEY
- ST. MICHAEL.

- **FINAL ENTRY FORMS**

Final Entry Forms of participation must be submitted by **April 29, 2024**. This includes all arrival and departure information, names, divisions, bodyweight or height categories, and passport numbers of all participating athletes, names and passport numbers of their delegates, IFBB judges, test judges and any accompanying persons. The accurate and timely presentation of this information is essential for the “Barbados Amateur Bodybuilding and Fitness Federation and its Organizing Committee to ensure adequate transportation for each delegation.

<https://docs.google.com/document/d/1t2k40IA2h7YRl2q-pUly8TT9HT8x6Yk5/edit?usp=sharing&oid=109249500499247010080&rtpof=true&sd=true>



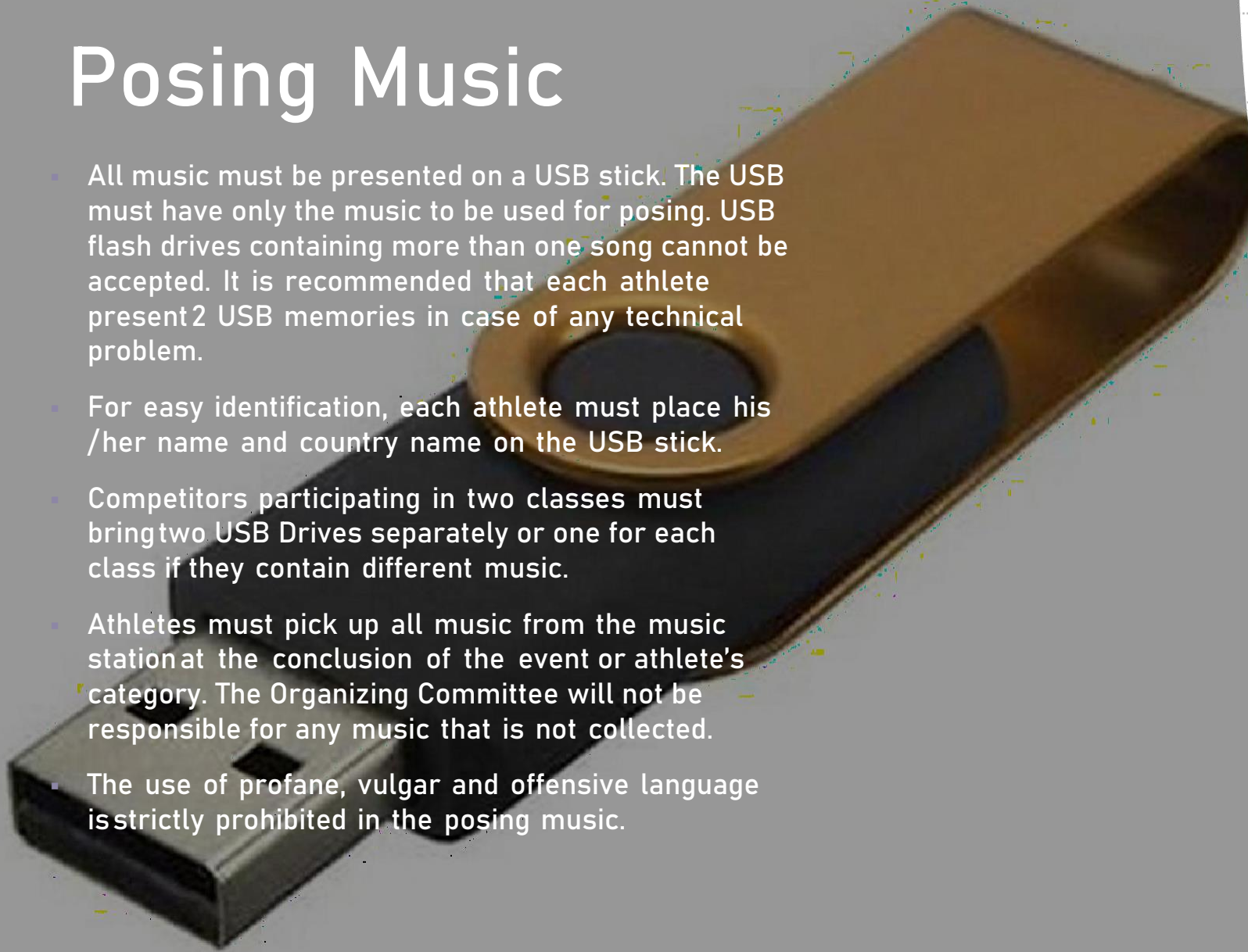


OFFICIAL ATHLETE REGISTRATION (Amateurs)

- Registration and **weigh-in** is scheduled for Friday, May 10, 2024 from **09:00 to 12:00**. All competing athletes must be members in good standing of their national Federations and nominated by their National Federation by sending the Final Entry Form.
- All competing athletes must present their Passports and IFBB International Cards upon Registration. This IFBB Card is mandatory for allathletes. The fee for purchase or renewal of the IFBB International Card is **US \$50**.
- The **registration** fee per athlete is US \$100 to **be paid** upon registration. If an athlete wants to participate in any additional category (crossover) for which he / she is eligible, the registration fee is an additional US \$50 per **each of the additional categories**

Posing Music

- All music must be presented on a USB stick. The USB must have only the music to be used for posing. USB flash drives containing more than one song cannot be accepted. It is recommended that each athlete present 2 USB memories in case of any technical problem.
- For easy identification, each athlete must place his /her name and country name on the USB stick.
- Competitors participating in two classes must bring two USB Drives separately or one for each class if they contain different music.
- Athletes must pick up all music from the music station at the conclusion of the event or athlete's category. The Organizing Committee will not be responsible for any music that is not collected.
- The use of profane, vulgar and offensive language is strictly prohibited in the posing music.



Tanning

The IFBB has banned all tans that can be wiped off. An official will check the tan of all athletes backstage and if the tan comes off my simply wiping, the athlete will be told to remove the tan before going on stage.

**Bella
Bronze**
SPRAY TAN SPECIALISTS

USD \$80 –
1st coat

USD \$50 –
2nd coat

USD \$25 –
3rd coat

FOR FURTHER DETAILS CONTACT

 **(246) 234-5321**

 **@BELLA_BRONZE246**

- **Men's Bodybuilding**
 - Lightweight - Up to and including 70 kg
 - Middleweight - Up to and including 80 kg
 - Light Heavyweight - Up to and including 90 kg
 - Heavyweight - Over 90 kg
- **Men's Classic Bodybuilding** Open Class
- **Men's Physique**
 - Up to and including 173 cm
 - Up to and including 179 cm
 - Over 179 cm
- **Men's Classic Physique** Open Class
- **Muscular Men's Physique** Open Class
- **Women's Bikini**
 - Up to and including 164 cm
 - Over 164 cm
- **Women's Wellness**
 - Up to and including 163 cm
 - Over 163 cm
- **Women's Bodyfitness**
 - Up to and including 163 cm
 - Over 163 cm
- **Women's Physique** Open Class
- **Women's Fit-Model** Open Class



CATEGORIES



Awards

✓ Category Awards – 1st – 6th Place will receive respective medals and participation certificate

✓

Overall Winners – Medal and eligible to qualify and apply to receive IFBB Elite Pro Card (through the athlete's respective National Federation)

TENTATIVE SCHEDULE OF EVENTS

- **Thursday, May 9, 2024** Arrival of Delegations & athletes
- **Friday, May 10, 2024** **Garfield Sobers Gymnasium**
 - **09:00 – 12:00** Registration & **Weigh-in** – Amateur athletes
 - **13:00 – 15:00** Registration & **Weigh-in** – Elite Pro athletes
- **Saturday, May 11, 2024**
 - **10:00** Amateur Categories
 - **17:00** World Cup Categories
- **Sunday, May 12, 2024** Departure of Delegations & athletes

Roger Boyce Classic Correspondence

All correspondence and communication about participation in Roger Boyce Classic can be forwarded to:

Dr. Alfred Sparman, President
Barbados Amateur Bodybuilding & Fitness Federation
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Ms. Alicia Goodman, Technical Secretary
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